

Healthy Kansas Minute Radio Interview – National Bike Month

This is the Healthy Kansas Minute. I'm Jennifer Church, Physical Activity Coordinator with the Kansas Department of Health and Environment and May is National Bike Month.

Biking is a fun, healthy exercise that provides the opportunity to make lifestyle choices that promote increased physical activity for the whole family. Increased physical activity, along with a healthy diet that includes plenty of fruits and vegetables, helps reduce the risk of many chronic diseases.

To learn more, visit www.kdheks.gov. This has been the Healthy Kansas Minute!